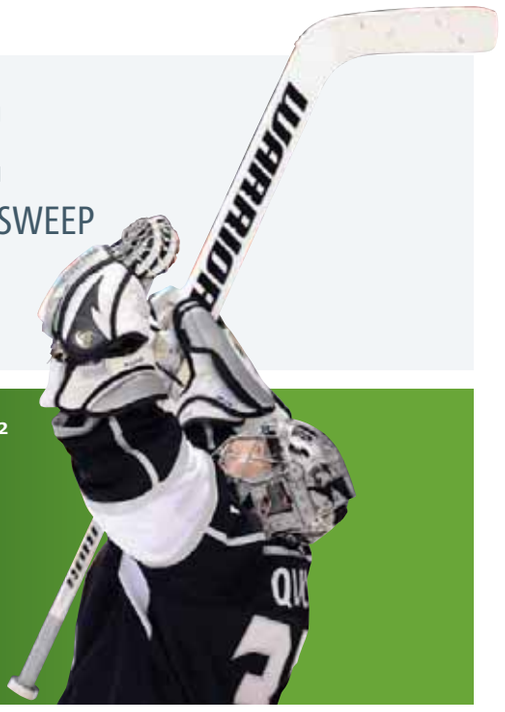
## Jay-Z sings daddy blues

"I'll probably have the worst, spoiled little kid ever"
PAGE 11

# KINGS RULE

L.A. MOVING ON IN NHL PLAYOFFS AS SWEEP HAS ST. LOUIS SINGING THE BLUES PAGE 24




OTTAWA metro®

Monday, May 7, 2012

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# Feds move to outlaw masks at riots

**Unmasked.** Protesters say masks help keep them safe from surveillance at peaceful protests

A masked protester marches in Gatineau on Sunday. JESSICA SMITH/METRO

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest," a criminal offence, punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill, brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give police the tools they need to identify offenders who cause damage to this country's neighbourhoods."

Taking part in a riot is currently an offence with a maximum jail sentence of two years. Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies — which are defined as gatherings that don't turn into riots but do cause people to fear a disturbance of the peace. In that case, masked participants could face six months in jail and/or a fine, or a jail term of up to five years, depending on the type prosecution.

Masked student protesters in Gatineau condemned the bill on Sunday as they marched peacefully. Previous student protests in Gatineau and Montreal have led to confrontations with police, violence and vandalism.

"A protester wears a mask to protect himself from police surveillance and arbitrary arrest," said a masked protester who didn't want his name used. "It's to protect me from the cops who take a million photos of people who protest and then follow those people."

Janie, who wanted her last name withheld, said police are constantly taking photos of demonstrations and she wants to protest without being identified.

"I think it's really stupid," she said. "We're not doing anything wrong."

JESSICA SMITH/METRO

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# Cop action 'rubbish,' lawyer says

**Racial profiling.** New protocol not enough, says legal representative for black teen stopped while driving Mercedes

JESSICA SMITH
jessica.smith@metronews.ca

Seven years and a controversial Ontario Human Rights Tribunal settlement later, the case of a black teenager pulled over by police while driving a Mercedes is not over, his lawyer said Sunday.

"This is not the end," said lawyer Donald McLeod, who represents driver Chad Aiken, who was then only in his teens.

Aiken, was pulled over in 2005 while driving his mother's Mercedes-Benz. His girlfriend recorded some of his interaction with the officer — who only identified himself as badge number "666." Aiken was never charged.

Police chief Charles Bordeleau announced Friday the Ottawa Police Services Board and the Ontario Human Rights Commission — interveners in Aiken's Ontario Human Rights Tribunal case — had reached a settlement. Within a year, police will record apparent races of drivers in traffic stops, to shed light on racial-profiling allegations.

Bordealeau said the deal puts his force "in a leadership role on this issue in Canada."

McLeod disagrees. "The idea that the chief comes out to say that they're leaders in this area is something that we take offence to," said McLeod, who said he wants pedestrian stops included in the data collection.

A similar study by Kingston cops found racial profiling happens most when police stop pedestrians, something the Ottawa police won't include in the study.

"What they are about to undertake here is rubbish," said McLeod.

Follow Jessica Smith on Twitter @jessiecatherine

## Riding high for a good cause

Participants in the CN Cycle for CHEO set out from LeBreton Flats on the Coughlin & Associates 35K cycle. About 5,000 people turned out to ride their bikes, inline skate or walk — or in some rare cases, even unicycle to raise money for the Children's Hospital of Eastern Ontario. Organizers said the event raised $652,499 for the hospital's pediatric cancer treatment and research programs. JESSICA SMITH/METRO

# Double-transplant recipient out of hospital

Hélène Campbell is shown in this photo posted on Twitter on May 4.
HANDOUT/THE CANADIAN PRESS

Ottawa's Hélène Campbell is out of the hospital after undergoing a double-lung transplant last month.

Campbell tweeted about leaving hospital just before midnight Friday.

"Got discharged, I'm back at home away from home in Toronto, casa at lasta," she wrote. Campbell also posted a photo of herself sitting on a bed.

The 21-year-old became the unofficial face of organ donation in Canada after attracting endorsements from Justin Bieber and Ellen DeGeneres.

Campbell was diagnosed with advanced idiopathic pulmonary fibrosis last October and had surgery at Toronto General Hospital on April 6.

Campbell and her family used her condition as a rallying point to encourage organ donation.

It was Bieber who helped catapult her into the spotlight by endorsing her campaign.

Campbell later appeared on Ellen via Skype and has been invited to return in person once she recovers. THE CANADIAN PRESS

**Celebrity clout**

- The Trillium Gift of Life Network typically sees 350 new registrations a week, but saw that number jump to 1,500 when Bieber endorsed Campbell's campaign, and then skyrocket to over 3,000 after Campbell's interview with Ellen DeGeneres.

## 1 NEWS

**On the web**

### *Walking in a cartoon's (in)famous footsteps*

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A local tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.

**Mobile news**

Test-tube babies have higher rates of birth defects, and doctors have long wondered whether it's because of certain fertility treatments or infertility itself. An extensive new study from Australia suggests both may play a role. Scan for the story.

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## France. World leaders welcome newly elected president's victory

Prime Minister Stephen Harper has called France's new president-elect — Francois Hollande — to congratulate him on Sunday's election victory.

The prime minister's office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues.

President Barack Obama called Hollande after the results were announced, the White House said in a statement.

"President Obama indicated that he looks forward to working closely with Mr. Hollande and his government on a range of shared economic and security challenges," the statement said.

Obama invited Hollande to visit the White House before this month's G-8 summit at Camp David, Maryland. Hollande is also expected to attend the NATO summit in Chicago later this month.

Francois Hollande
THE ASSOCIATED PRESS

Britain's conservative prime minister, David Cameron, and Italian Premier Mario Monti also called Hollande to congratulate him.

Hollande inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Sarkozy is the latest victim of a wave of voter anger over spending cuts in Europe that has ousted governments and leaders in the past couple of years.

THE ASSOCIATED PRESS

# France elects Socialist Hollande as new leader

Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French residential elections in Paris on Sunday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

**Victory speech.** 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since World War II but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us."

THE ASSOCIATED PRESS

**Quoted**

**"I take responsibility ... for the defeat."**

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.

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VISIT clubmetro.com TO ENTER
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## Greece. Voters punish top two parties in elections

Greeks, angered by a vicious and protracted financial crisis, punished the parties that have dominated politics for decades, with projected election results showing them hemorrhaging support to anti-bailout groups and no party gaining enough ballots to form a government.

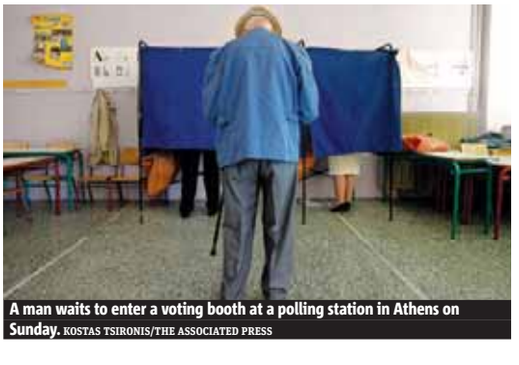
Responding quickly to the protest vote, the heads of the parties in first and second place pledged to seek to either renegotiate the terms of Greece's multibillion-dollar international-bailout agreement or overturn it. More than two years of repeated austerity measures in return for bailout loans from other European Union countries and the IMF have pushed Greece into a deep recession that has seen the jobless rate explode and tens of thousands of businesses close. The misery has infuriated voters who on Sunday dealt a massive blow to the decades-old dominance of the country's two main parties, the socialist PASOK and conservative New Democracy.

Official projections Sunday showed New Democracy winning 18.9 per cent, giving it 108 seats in the 300-member parliament — far short of the 151 needed to form a government.

The anti-bailout left-wing Syriza party was projected second with 16.8 per cent and 51 seats, and the formerly majority socialist PASOK lagged behind with 13.4 and 41 seats.

Both New Democracy head Antonis Samaras and PASOK leader and former finance minister Evangelos Venizelos voiced support for a coalition.

THE ASSOCIATED PRESS



A man waits to enter a voting booth at a polling station in Athens on Sunday. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

**Thailand**

### Explosions, fire kill 12: Officials

Officials say explosions and a fire at one of the world's largest petrochemical industrial estates have killed 12 people and injured more than 100 others in eastern Thailand.

The blasts Saturday forced the evacuation of more than 1,000 people living near the industrial estate, Thailand's largest industrial park. Authorities are investigating the cause of the explosions, which occurred when workers were cleaning a chemical tank.

THE ASSOCIATED PRESS

**Germany**

### Clashes leave 29 officers injured

Clashes erupted in Germany when police tried to separate competing rallies by an ultraconservative Muslim group and a small far-right march, injuring 29 officers, authorities said Sunday.

The trouble in Bonn started when hundreds of Muslims protested against the rally of about 30 supporters of the local far-right party Pro NRW, which has angered Muslims by showing unfavourable cartoons of Islam's Prophet Muhammad.

THE ASSOCIATED PRESS

## Breakthrough. Roadmap negotiated in Quebec's tuition-hike crisis

Quebec Premier Jean Charest says the proposed deal to end the province's student strike will secure the future of its university system.

Charest told a meeting of party supporters in Victoriaville that Saturday's proposal will ensure the long-term financing of Quebec's universities.

He also says that students will be able to count on getting a world-class education.

Charest was speaking at the end of a Liberal policy convention.

The sides have agreed on a "roadmap" to get out of the impasse, an observer says.

The news of a silver lining comes after one of the darkest days of the conflict.

A protester lost use of an eye after he was wounded in a savage riot that broke out during a protest.

Students will vote this week on the potential deal that swaps tuition hikes for cuts in mandatory fees.

THE CANADIAN PRESS

**Quebec tuition war**

**100**

More than 100 people have been arrested since Friday and at least two protesters were taken to hospital. They are in serious condition.

**Kamloops, B.C.**

### 50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday. A boiler was the cause of the problem.

THE CANADIAN PRESS

# Mental Health Awareness Week kicks off today

**Inspiring others.** Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE BAXTER
ottawa@metronews.ca

Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7-8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

**On the web**

**For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.**

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first ever national mental health strategy.

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# Murdoch's scandal follows classic media-baron script

**Ambition to hubris.** Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London. "He seems to me to be in the same press-baron tradition."

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel Scoop.

Earlier still was the New York Journal's William Randolph Hearst, who has become linked to the swashbuckling maverick at the centre of Orson Welles' 1941 classic Citizen Kane.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

The narrative of the hacking scandal may echo earlier stories of overreach, but Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, who has written biographies of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS

**Fallout**

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, and the resignations of high-flying political operatives and police leaders.

## Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents.

THE CANADIAN PRESS

**Succession planning**

## Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Based on the questions Buffett got from the crowd of more than 30,000 at the company's annual meeting in Omaha on Saturday, Berkshire shareholders are taking him at his word.

Despite the fact that Buffett just disclosed the condition last month, many of the questions at the meeting either focused in on technical aspects of Berkshire's many businesses or dealt with general economic or political topics.

THE ASSOCIATED PRESS

**Product defect**

## Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. Chrysler Group LLC will cover the repair costs.

The condition first surfaced on a Michigan State Police training vehicle. Chrysler told the National Highway Traffic Administration that it is not aware of any crashes, injuries or fires related to the overheating. Vehicle owners may contact Chrysler at 800-853-1403.

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# Exposing private data. Domain-name expansion delayed by software glitch

The organization in charge of expanding the number of Internet address suffixes — the ".com" part of domain names — is apologizing for delays but says it's favouring quality, not speed.

Three weeks ago, the Internet Corporation for Assigned Names and Numbers (ICANN) abruptly shut down a system for letting companies and organizations propose new suffixes after it discovered a software glitch that exposed some private data.

At the time, ICANN planned to reopen the system within four business days. The system remains suspended indefinitely.

ICANN has said it needed time to figure out why the software failed and how to fix it. That was completed last week, Beckstrom said, but ICANN still must undergo extensive testing on the fixes and inform companies and organizations whose data had been exposed. He declined to offer a timetable; ICANN said Friday it planned to provide an update after Tuesday.

The idea is to let Las Vegas hotels, casinos and other attractions congregate around ".Vegas," or a company such as Canon Inc. draw customers to "cameras.Canon" or "printers.Canon." THE ASSOCIATED PRESS

**New suffixes**

**1,000**

Up to 1,000 domain-name suffixes could be added each year in the most sweeping change to the domain-name system since its creation in the 1980s.

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# CAPTAIN KIRK IN THE CITY OF NERDS

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

It seems a bit strange that Ottawa Comiccon, the extravaganza of comic and sci-fi culture that organizers expect will lure between 10,000 and 15,000 to the CE Centre this weekend, is only in its first year here. Why hasn't somebody tried this before?

Ottawa strikes me as an obvious venue for such events, a city with solid geek credentials. It's hard to imagine the nation's capital without its infrastructure of IT guys and policy wonks. Those in technically advanced jobs with lots of mental heavy lifting aren't necessarily drawn to spandex and starships in their time off but, anecdotally, I've seen a pretty strong correlation.

My friend Matt does some kind of highly marketable computer wizardry that I and other Muggles only vaguely understand.

His keenness about flying stateside for an interview with a big-league potential employer this week seems about on par with his nerdy enthusiasm about last weekend's opening of the latest comic-book-based blockbuster, The Avengers, which he saw twice.

Matt fits into be what urbanist Richard Florida calls the "creative class," the highly educated, economically key knowledge workers whom smart cities are competing with each other to attract. Florida sees Ottawa as doing a lot of things right in this regard. The city is home, for example, to 30 per cent of the nation's economists. That's a lot of nerds.

Even with job notices blowing through such local brain-farms as Statistics Canada and National Library and Archives, it's a safe bet that respectable piles of disposable (and perhaps not-so-disposable) income will pour into Comiccon's coffers.

The initial announcement of Patrick Stewart, a.k.a. Jean Luc Picard, as a headlining guest at the convention, and his subsequent cancellation and replacement by his predecessor on the Enterprise, William Shatner, both got pretty prominent news coverage here, which may indicate a certain level of sci-fi fandom has crept into the city's fourth estate. (I know at least one colleague who let's just say knows his banthas from his Bajorans, and has been tirelessly chasing Shatner for an interview).

Comiccon will be Captain Kirk's third mission to Ottawa in the past two years — he hosted the Juno Awards here last month and the Geminis last year. His fan base goes right to the top. At a Gemini event, Mayor Watson came clean as a Star Trek fan, saying he was impressed with J.J. Abrams' cinematic makeover of the series.

Some of those fans come equipped with their own convention-wear, fan clubs like the 501 Legion's Capital City Garrison, whose members dress in exceedingly convincing Imperial finery from the Star Wars movies, and USS Magellan, their opposite number of Star Trek enthusiasts.

Still, it may be difficult for Ottawa to top last month's explosion of fanboy and -girlism at the Calgary Comic and Entertainment Expo, another comic convention, where organizers had to turn away attendees hoping to pay $50 for a photo with Marvel Comics eminence grise Stan Lee or $495 for group shots with Stewart and other Enterprise crew members, as turnout swelled beyond the comfort zone of fire officials.

For some, favourite fantasies may also clash with real-world scheduling, as Comiccon goes up against Mother's Day on Sunday. That could limit the day's attendance to the most die-hard of fans, some of whom are no doubt mothers as well. (The original Comic-Con in San Diego says about 40 per cent of its attendees are female).

And these conflicts are no trouble for fans whose priorities are well and truly set. Later in the month, CanGames, a local convention for fans of tabletop war, role-playing, board and card games, will take over the Rideau Curling Club on Victoria Day weekend, in head-to-head competition with cottage openings and countless other rites of spring.

In contrast to the big-budget slickness of Comiccon, CanGames is a grassroots community event that draws hundreds instead of thousands, but this year celebrates its 35th anniversary of helping Ottawa get its geek on.

# A droplet's rainbow ebb and flow

TOBIAS BRÄUNING

**Picture perfect**

## Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled Dancing Queen, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

**60 seconds**

**Tobias Bräuning**

**What do you see here?**
I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

**How did you create these striking shapes?**
I used electromagnetic solenoid valves to generate the drops. I also made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

**You must have used a very rapid shutter speed.**
No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

**As a photographer, what do you want to tell the world?**
I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects. **METRO**

**Shutter happy**

**"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured shortly before touching the splash."**

**Tobias Bräuning**

# Cinderella fairy tale comes true

## News Worth Sharing

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

The perfect dress doesn't come with the wave of a fairy godmother's wand. Nor does it change back to rags at the stroke of midnight).

In fact, a local initiative is intent on ensuring that dresses — and other dreamy accoutrements — are never elusive.

The Valley Cinderella Project has been hard at work collecting not only dresses, but shoes, accessories, makeup and even nail polish to help girls and women feel beautiful on that special day — be it a prom, a fancy gala or even a wedding. With the help of volunteers, donations and local businesses, the Valley Cinderella Project is providing, free of charge, dresses for girls and women who may not have the means to acquire one.

Project founder Marissa Kali says "It's so important for young women to feel comfortable and confident. And, we have helped 50 girls in high school so far this season."

Volunteers are always welcome and donations can be made any time.

After all, a princess can't have a ball without the perfect dress.

**CRAIG AND MARC KIELBURGER**

*Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.*

metro

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SCENE

Box office

## *Avengers assemble a box-office smash*

**Captain America tells the Incredible Hulk to do his smash thing in The Avengers, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a $200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of $169.2 million for the debut of last year's Harry Potter finale. The Avengers added $151.5 million overseas over the weekend to bring its total to $441.5 million since it began opening internationally a week earlier.**

THE ASSOCIATED PRESS

On the web

**Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice**

The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horovitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

# Yauch: A music maverick

**Remembering a Beastie Boy.** Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping — where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, Paul's Boutique. What makes this performance from Soul Train especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with his video direction.

His directing credits include So Whatcha Want, Intergalactic, Body Movin and Ch-Check It Out.

Condolences

## *Beastie Boys key part of Madonna's music history*

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was a one-of-a-kind artist and that the pioneering trio was important to her musical history.

The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time."

Madonna says she was sad to hear of Yauch's death and asked God to bless his family.

The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

THE ASSOCIATED PRESS

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FORCE FOUR

# Living on the Edge

**DVD release.** Canadian wrestler Edge shares his rise to fame in new documentary

One of Canada's top sports entertainers gets the DVD treatment in the latest biography offering from World Wrestling Entertainment, and it's a release that mat fans in this country are bound to enjoy.

Nicknamed the "Rated-R Superstar," retired pro wrestler Edge takes viewers through his rise to stardom in the squared circle, from his early days in southern Ontario in the mid-1990s all the way to the top of the WWE.

In the three-disc offering titled You Think You Know Me? The Story of Edge. The Orangeville, Ont., native weighs in on his start in the business and many of the more interesting moments on his way to championship glory.

The 241-pound wrestler strapped a number of belts around his waist over the years before his retirement in 2011 due to injury problems. He was inducted into the WWE Hall of Fame earlier this year.

THE CANADIAN PRESS

Edge TORSTAR NEWS SERVICE

# Careful when Bynes is behind the wheel

Amanda Bynes

Amanda Bynes hasn't been having much luck with cars. The actress was reportedly involved in a hit-and-run when her Range Rover sideswiped another car while trying to pass on the right, according to TMZ.

Sources say Bynes continued driving on after the collision, but she reportedly cooperated with police once they caught up with her, telling them that she was unaware she had struck the other car. She was not issued a citation.

The incident comes a month after Bynes was arrested for driving under the influence after clipping a police car.

# Love Hewitt gets cut down to size

Jennifer Love Hewitt

Jennifer Love Hewitt has had so much attention paid to her breast lately that it's influencing her dreams.

"I actually had a nightmare the other night that people were trying to deflate my boobs while I was working," the Client List star tells Chelsea Handler during an interview. "They had tubes and I was trying to work, but they kept getting smaller," she said. "I was like, 'Guys, don't take them away!' I'm getting issues about it, I think."

With good reason: Recently, ads for Hewitt's new series were modified without her knowledge to reduce the size of her breasts.

"Some random person decided they were supposed to be smaller," she says. "I still don't know who that person is."

# Lady Gaga recalls her lonely coked-out days

Lady Gaga says she "cherishes" being alone now, but it wasn't always that way for the newly singer star.

"I would go back to my apartment every day and I would just sit there. It was quiet and it was lonely. It was still," she says of her early days in an interview for the Conversation With Amanda de Cadenet.

"It was just my piano and myself. I had a television and I would leave it on all the time just to feel like somebody was hanging out with me. And especially during the period when I was doing cocaine.

It was like the drug was my friend. I never did it with other people. It's such a terrible way to fill that void, because it just adds to that void, because it's not real."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

Andy Cohen ALL PHOTOS GETTY IMAGES

## *Andy Cohen gabs with Metro*

THE WORD
Dorothy Robinson
scene@metronews.ca

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book Most Talkative, Cohen opens up about dreaming of a life in television while watching All My Children as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

**TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON**

## *Congrats to one of our own*

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

**Twitter**

**@justdemi**
So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!

**@MileyCyrus**
Fairy tales are girl porn.

**@ConanOBrien**
Ever get really into playing a video game, only to discover it was just one of those high-tech Japanese toilets?

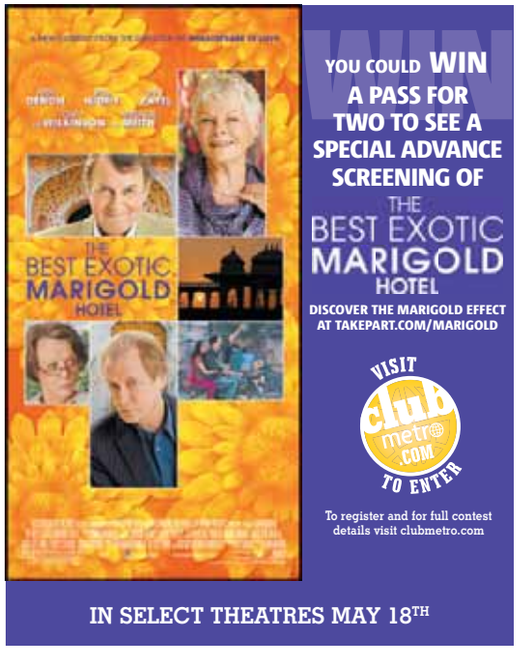
**@JonahHill**
What has the best coffee in the French quarter in new orleans?

Jay-Z

# Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.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3 LIFE

DIY

## *Homemade popsicles*

**I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.**
**You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.**
**Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.**

SHARON DEVELLIS, YUMMYMUMMYCLUB.CA

On the Web

Skeptics question whether Vogue went far enough to promote healthier models

Health

## Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA

Study suggests new dads can suffer from a form of depression. ISTOCK

Money

## Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.
- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

# Ready to reveal your baby's gender? Keep it trendy

**Boy or girl?** Here are some ways of making the big announcement to friends and family

LISA THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of three parties:

**Gender-Reveal Cakes**
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

**Balloons In A Box**
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

**Unwrap a Gift**
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out. A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing team cleans up after the party.

**More party tips**

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

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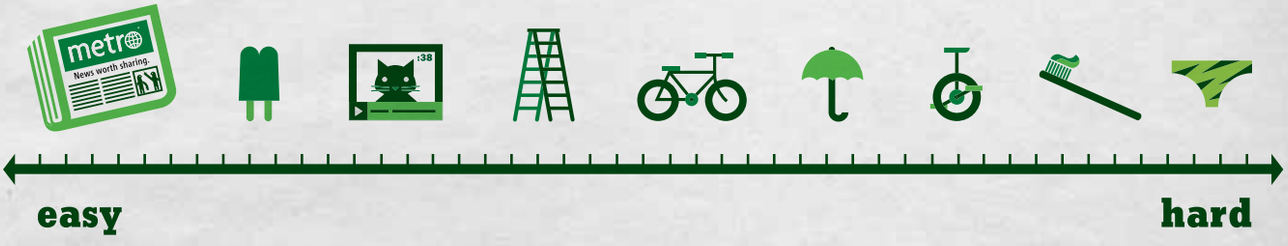
## Sharability



# Give your sweet tooth something to smile about

This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

**Raspberry Semifreddo.** This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

**Ingredients**

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

**1.** In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about 8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

**2.** In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

**3.** Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mixture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

**4.** To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges. Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

**Healthy eating**

## *Choose it and lose it*

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**For those days when you're too tired to cook, reaching for a ready-made soup is a natural choice. Watch which can you grab, though.**

### Campbell's Chunky Chicken Corn Chowder (1 cup)

**240 calories/ 11 gm fat/ 650 mg sodium**

Even though it's filled with veggies and chicken, there's also the addition of cream, which adds to the calories and fat.

### Equivalent

One cup of Campbell's Chunky Chicken Corn Chowder is equal, in fat, to 11 chicken skewers from Blue Menu.

### Campbell's Chunky Chicken Vegetable (1 cup)

**150 calories/ 5 gm fat/ 630 mg sodium**

This veggie-based soup comes in with less calories and half the fat than the chicken corn chowder.

# Quince-Filled Chocolate Marzipan Bonbons

**1.** Line a plate with parchment paper.

**2.** Cut tube of marzipan into 14 equal portions. Form each into round, shallow cup. Fill cup with about 2 ml (1/2 tsp) of quince paste, then carefully fold sides of cup up over filling and roll in your hands to form a tight ball. Set aside.

**3.** Place chocolate melts in microwave-safe measuring cup. Microwave on high 1 minute, stopping every 20 seconds to stir, or until completely melted.

**4.** One at a time, use fork to lower marzipan balls into melted chocolate. Use the fork to lift it from the chocolate, tapping gently on the side of the cup to remove excess chocolate, then carefully set bonbon on prepared plate.

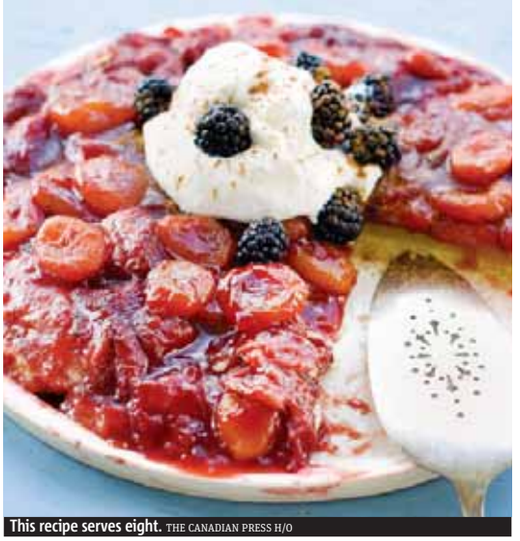
**5.** If you want to sprinkle a dry coating on bonbons, such as salt or candy sprinkles, do so immediately. Otherwise, coat remaining bonbons, then let them dry and harden. The drying can be sped up by placing plate in refrigerator for several minutes.

**6.** If desired, melt a small amount of a second colour of candy melts, then drizzle this over hardened bonbons to decorate. THE ASSOCIATED PRESS

**Ingredients**

- 1 tube marzipan (about 200 g/7 oz)
- 30 ml (2 tbsp) quince paste
- 125 g (4 oz) chocolate melts (any colour)

# With strawberry season around the corner, get baking



This recipe serves eight. THE CANADIAN PRESS H/O

**1.** Pastry: In food processor, combine flours, butter and salt. Pulse until butter is just distributed through flour. Add water and pulse again, just until distributed. Pulse 2 more times. Dough should still be crumbly and dry.

**2.** Pour dough onto counter. Press into rectangle (20 by 30 cm/8 by 12 inches). Fold dough in half, then use rolling pin to roll it back to a 20-by-30-cm (8-by-12-inch) rectangle. Fold dough in half again and place on a baking sheet. Cover with plastic wrap and refrigerate for 20 minutes.

**3.** While pastry rests, in bowl, toss together strawberries, lemon juice, salt and 125 ml (1/2 cup) of the sugar. Let sit for 10 minutes.

**4.** Once pastry has rested, roll it out once again to a 20-by-30-cm (8-by-12-inch) rectangle. Repeat folding and rolling process one more time, but this time roll it to a 25-cm (10-inch) round. Place dough in freezer until fruit is ready.

**5.** Heat oven to 200 C (400 F).

**6.** In 23-cm (9-inch) oven-safe skillet over medium-high heat, melt 50 ml (1/4 cup) of butter. Add remaining 125 ml (1/2 cup) sugar and cook until it turns golden -brown, 10 mins.

**7.** Add apricots, strawberries and any juices from bowl to pan and continue cooking on high heat until fruit is soft and begins to caramelize, 10 mins. In glass, stir cornstarch and water. Add to skillet and stir gently to mix. Bring to a boil, then remove skillet from heat.

**8.** Place pastry over fruit, fitting down tightly into pan. Use paring knife to cut several slits in top centre of pastry. Bake until golden brown, 30 mins. Remove from the oven and let sit 30 mins. to allow filling to set up.

**9.** Run a knife around the edge of skillet to loosen pastry. Place round platter or large plate over pan and carefully but quickly overturn the pan so plate is on the bottom. Lift pan off the serving plate to reveal tart. Serve warm or at room temperature.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

**Ingredients**

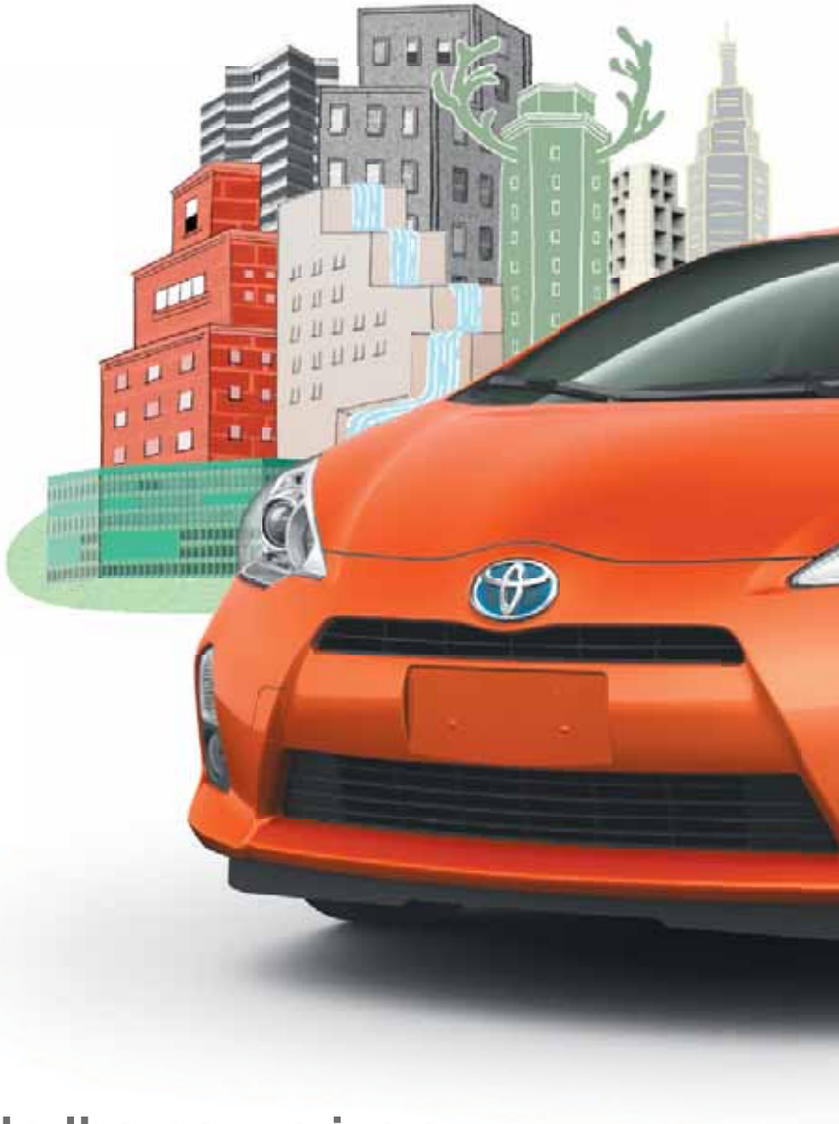
**Pastry**

- 500 ml (2 cups) all-purpose flour
- 125 ml (1/2 cup) cake flour
- 250 ml (1 cup/2 sticks) unsalted butter, cut into pieces
- 1 ml (1/4 tsp) salt
- 75 ml (1/3 cup) ice water

**Topping**

- 2 containers (each 500 g/16 oz) fresh strawberries, hulled and halved
- 10 ml (2 tsp) lemon juice
- Pinch of salt
- 250 ml (1 cup) sugar, divided
- 50 ml (1/4 cup/1/2 stick) butter
- 1 bag (198 g/7 oz) dried apricots
- 45 ml (3 tbsp) cornstarch
- 50 ml (1/4 cup) water

# prius c



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- Its luxurious interior is just as impressive as its exterior. Get ready to turn heads and feel great every time you take it for a drive.

*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. † Prius c Technology model with Premium Packa

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age shown with a MSRP of $25,340. MSRPs do not include freight and PDI ($1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

Queen of Green

## Toxic home cleaners

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

**What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)? Jolene — Winnipeg**

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petro-chemical-based cleaners and some plant-based ones. Adria Vasil, author of Ecoholic Home, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a $300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

# Save some green by driving green

**Car shopping.** Scotiabank aims to remove some of the financial sting when you purchase a clean vehicle

BEN KNIGHT
life@metronews.ca

The arguments in favour of driving an eco-friendly car get stronger every day. But as soon as your heart is set on a hybrid, electric or clean-diesel vehicle, your wallet becomes concerned about financing.

The good news is that green vehicles are becoming more and more affordable, and now one of Canada's biggest banks has launched a new program to help you drive cleaner — for less.

"We found, through research and just talking to our customers, that there was real void out there in terms of our customers finding out how they could make greener choices, and at the same time save some money," says Kaz Flinn, vice-president of corporate social responsibility for Scotiabank.

Have you thought about switching to a more eco-friendly vehicle? ISTOCK

The EcoLiving Auto Loan program was announced in late March. It offers a quarter of a percentage point off the bank's standard lowest fixed rate.

"It's one component of our larger Scotiabank EcoLiving program," Flinn explains.

"The program is based on a lot of residential issues — renovations and things like that. But where we noticed there's also a growing interest with customers was in making purchases of more efficient automobiles."

We're entering a time of year where the auto industry traditionally does good business. For an ever-increasing number of Canadian motorists, the time to decide whether to step away from a traditional gas-burning car is now.

"This is spring, and sales are picking up, and I certainly see that the number of sales of hybrids or electric cars is increasing," Flinn says. "And there is a growing increase in clean vehicles, and consumers need information to make financial choices."

The loans are available at the bank's partner dealerships across Canada, so your car and finance questions can be handled simultaneously.

"This is about Canadians making green choices that will save energy and save money," Flinn concludes.

"I think they are very in tune with fuel prices, and with the environment and wanting to contribute something. And if there are choices out there for them and opportunities are given to them to be able to make the green choice, then they're looking towards that. We want to help them — from a competitive-pricing point of view."

For more info. visit ecoliving.scotiabank.com.

By the numbers

**16,167**

Number of registered hybrid electric cars on the road in Canada in 2009.

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# Giving the mind a makeover

**The bendable brain.** This author and educator is on a passionate crusade to change the way we think about thinking

CAROLYN MORRIS
Metro World News in Toronto

Barbara Arrowsmith-Young, creator of the Arrowsmith Program.

She was a graduate student in school psychology, but couldn't tell the time on an analogue clock. She couldn't understand most conversations in real time, having to play them back in her mind repeatedly to make any sense of them.

She didn't get jokes, or comprehend symbolism, metaphors or cause-and-effect. To get through school, she got to know the library security guards' patrol schedules so she could dodge them by hiding out in the washroom and then spend entire nights reading and re-reading her coursework. She'd relied on memorization her entire life.

This was until Barbara Arrowsmith-Young changed her brain.

"All of a sudden, the world opened up," she says. "It's profound. The brain is doing what it's supposed to be doing in that moment to grasp what's being said."

In all her reading and reading, Arrowsmith-Young had stumbled upon the work of a Russian psychologist named Aleksandr Romanovich Luria. In a book about a patient who'd been shot in the head during the Second World War, which included journal entries by the patient, Arrowsmith-Young recognized herself. His descriptions of living in a fog, in which relationships like those between the two hands on a clock confounded him, mirrored her own experience. While she'd always had her "mental block," as a teacher had once described it, Luria's patient had a physical hole in his brain — in the left occipito-parietal region, to be precise. She wondered whether this area was responsible for her deficiency. Soon after, she read about an American psychologist, Mark Rosenzweig, who showed that rats' brains can change as a result of stimulation.

"'If a rat can change his brain,' I thought, 'perhaps a human can do the same,'" she writes in her book, The Woman Who Changed Her Brain.

She developed an exercise that forced her to interpret the hands of an analogue clock. Instead of compensating for her weaknesses by using a digital clock, say, she forced herself to do what felt impossible — actually understand what the hands symbolized.

And it worked. Not only did she figure out how to tell time, but suddenly she started understanding conversations as they were taking place, and making sense of the conceptual ideas in her books that used to elude her.

Arrowsmith-Young went on to locate 19 brain area deficits, many of which she struggled with herself. She developed exercises to strengthen them, and founded the Arrowsmith Program at a private school in Toronto that tailor cognitive exercises to children with learning disabilities.

This was in the late 1970s and early 1980s, before neuroplasticity — the idea that the brain is elastic — became a widely accepted reality. This was a time when one's intelligence was generally thought to be fixed for life.

But even now, while neuroscience has caught on to the fact that we can change our brains, many of the programs offered to help children with learning disabilities are lagging behind.

"In most traditional special education programs, the premise is that the learner's fixed. The learner is the learner, with their strengths and weaknesses," says Arrowsmith-Young. "The premise of our work is, we're going to take this learner, and we're going to change the capacity of the learner."

**A challenge to change**

**"In most traditional special education programs, the premise is that the learner's fixed. The learner is the learner, with their strengths and weaknesses. The premise of our work is, we're going to take this learner, and we're going to change the capacity of the learner."**
Barbara Arrowsmith-Young

**Get with the program**

- The Arrowsmith Program is offered in various private schools in Canada and the United States, and by the Toronto Catholic School Board.
- Arrowsmith-Young hopes that one day tailored cognitive exercises will be integrated into all school curricula.

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# Leap of faith leaves a big imprint on franchise owner

**Copy that.** Iain Scott encourages other entrepreneurs to take chances

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years Iain Scott quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination over your own future," he notes. At the end of the day, you're building equity and it will become an investment for your retirement."

Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

**Expert advice**

**Iain Scott's key tips for business success:**

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

**High hopes**

**"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."**
**Iain Scott, business owner**

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# A career in 'can I get you anything else?'

**Behind the degree.**
Mastering the art of going that extra mile for your clients

BRUCE WALSH
life@metronews.ca

Think you can provide better service? Consider hospitality studies. ISTOCK

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU. Bastas completed his degree last year. After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship-building — having professors who are industry leaders, and being around other students who are involved in the industry."

**Born for the business**

**"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."**

Konstantinos Bastas

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# MAINTAIN A HEALTHY BALANCE

## REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

GOODSHOOT/THINKSTOCK

FUSE/THINKSTOCK

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

"We tend to talk about our physical and mental health problems separately," he explains. "We rarely view them as linked, and our health services and funding are structured to support this view."

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a person's overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost $4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another $1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated before they grow severe.

"Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination," says Coleridge.

"We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.

"This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health."

CMHA's Mental Health Week is May 7-13. This year's theme is "mental health for all" — a reminder that good mental health is achievable for everyone. To learn more, visit **mentalhealthweek.ca**.

# THERE'S NO REAL HEALTH WITHOUT MENTAL HEALTH

## CMHA, ONTARIO LAUNCHING 'READ YOUR MIND' CAMPAIGN WITH AIR MILES

ISTOCKPHOTO/THINKSTOCK

Over the past few decades, the rise in fitness regimens and health foods to keep your body in top physical shape has certainly grown in popularity, but we also now know that it's just as important to keep your mind strong, healthy and active as part of overall health and well-being. Because we know that there can be no real health without mental health.

This year, to kick off the 61st annual Mental Health Week (May 7-13), Canadian Mental Health Association (CMHA), Ontario is launching a "Read Your Mind" campaign designed to help encourage Ontarians to learn more about their own mental health, have fun while doing it, and earn AIR MILES reward miles, too.

The focal point of the campaign is a unique, new Facebook-based self-assessment tool that helps users look at common triggers that could affect an individual's mental health and gauges them against key areas of happiness, including ability to enjoy life, flexibility, resilience, balance and self-actualization.

Ontarians are encouraged to take the self-assessment and share the non-diagnostic tool with their friends, family, and colleagues to help promote better mental health awareness. In addition to learning more about their own mental health, Ontarians will have the opportunity to earn AIR MILES reward miles while doing so.

"The driving action of the campaign is to promote good mental health on both a personal and community level, because this issue touches each and every one of us, every single day — one in five Canadian adults under 65 will have a mental health problem in any given year. This means you, a family member, a friend, a neighbour, or a colleague," says Lorne Zon, CEO at CMHA, Ontario.

"We want to provide an opportunity for Ontarians to join the cause to build greater awareness around mental health and mental illness, share the self-assessment tool with their friends and family, and help reduce the stigma surrounding mental illness."

CMHA, Ontario invites everyone to visit the CMHA, Ontario Facebook page at **facebook.com.cmha.ontario** on Wednesday, May 9, from 7-8 p.m. for a live online video chat with Arthur Gallant. Please send your questions or comments to Gallant via Facebook and on Twitter **#cmhaMHW**. Gallant, 22, is a former crown ward of the Children's Aid Society who lives with clinical depression and anxiety.

Gallant has been an outspoken advocate for the rights of children and youth receiving government funded services and mental health services. The child of an intellectually disabled parent, Gallant has been very public sharing his story and struggles with the hopes of reducing the stigma surrounding mental illness and educating the public about the challenges those with mental health difficulties face.

Learn more at **ontario.cmha.ca**.

### SELF-ASSESSMENT

Take the "Read Your Mind" self-assessment on CMHA, Ontario's Facebook page at **facebook.com.cmha.ontario**. Learn more about your own mental health and you could earn AIR MILES reward miles.

# BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

## The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service is live answer 24/7, confidential, free and anonymous.

A helpful Information and Referral Specialist will answer calls, email or web chat 24/7.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

Patiently, specialists will help explore the issues and find the services that are needed in all types of unique situations.

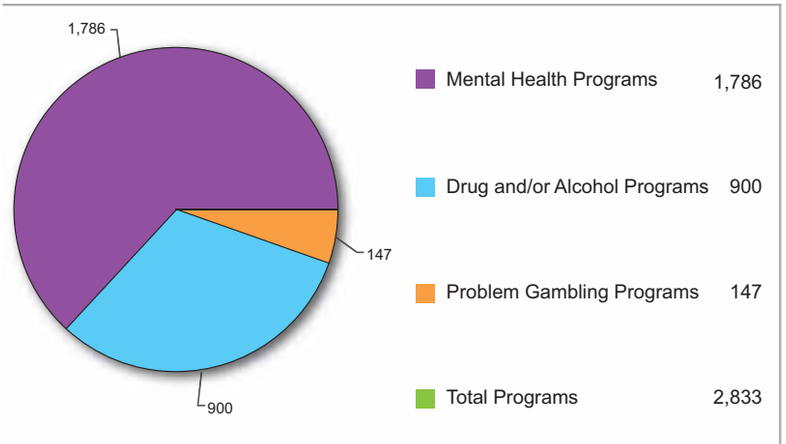
"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

**1 in 5 Canadians will experience a mental health issue in their lifetime!**

**Almost 50% of calls come from family members or concerned friends!**

Reaching out for help can be a difficult first step. Besides the telephone, the Mental Health Helpline can be reached via email or webchat.

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.




Graph showing the amount of programs in the ConnexOntario Database. Courtesy of ConnexOntario's eServices portal.

# Mental Health Helpline

1-866-531-2600

www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook

Ontario

# SADLY MISUNDERSTOOD AND MISDIAGNOSED

## STATS SHOW THAT ONE IN NINE CANADIANS SUFFER FROM PTSD

Ute Lawrence knows how isolating post-traumatic stress disorder (PTSD) can be. After she survived one of the most horrific highway accidents in Canadian history, she created the PTSD Association of Canada, the first PTSD organization in North America not solely focused on the military.

PTSD can affect anyone who has had a traumatic or life-threatening experience. Statistics show that one in nine Canadians suffer from PTSD at some point in their lives and that almost 40 per cent of adults in the general population have been exposed to at least one traumatic event by age 13. Almost 20 per cent of men and 25 per cent of women report having directly experienced or witnessed violence by the time they have reached age 13.

These traumatic events range from combat/military experience, child sexual/physical/verbal abuse, natural disasters, terrorist attacks, serious accidents, divorce, loss of a loved one, serious illness, and many other causes.

PTSD is sadly misunderstood and misdiagnosed. The good news is that PTSD is treatable. Unfortunately, many health-care providers are not always able to link the symptoms with the diagnosis. Making people aware of PTSD, including individuals whose loved ones have experienced a traumatic situation, is one of the best ways to assist in an accurate diagnosis. Accurate diagnosis can lead to treatment and, eventually, healing, growth and recovery.

**"MAKING PEOPLE AWARE OF PTSD, INCLUDING INDIVIDUALS WHOSE LOVED ONES HAVE EXPERIENCED A TRAUMATIC SITUATION, IS ONE OF THE BEST WAYS TO ASSIST IN AN ACCURATE DIAGNOSIS."**

It's discouraging that we are still seeing people suffering from PTSD being misdiagnosed as having depression or anxiety and ending up with anti-anxiety drugs, anti-depressants or sleeping pills.

Most are doomed to a lifetime taking these drugs without the cause ever being explored.

In many cases, people suffering from PTSD, who have never had their condition fully explored, develop a dependence on alcohol and illegal drugs to numb their pain.

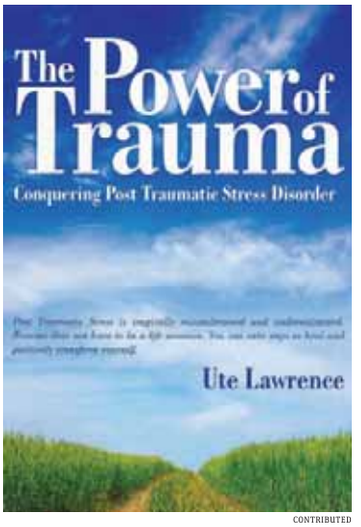
It's a mistake to believe things will simply get better over time.

If someone had suffered a deep gash on their forehead during an accident, no medical professional would have left the open wound bleeding, expecting it to simply heal.

This is also true with the wounds of PTSD, with the exception that they are invisible to the world. They, too, need the proper treatment, care and enough time to heal.

For more information on causes and symptoms of PTSD, visit ptsdassociation.com/about-ptsd.php.

Ute Lawrence is the author of The Power of Trauma: Conquering Post Traumatic Stress Disorder, which is available on amazon.ca.




CONTRIBUTED

I exercise alot.
Paul, 52, Manager



Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61st annual Mental Health Week – May 7th to 13th. It's time to talk, reflect, engage and celebrate mental health for all. Find out more at www.MentalHealthWeek.ca

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Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

# Embark on a summer adventure

**Activity.** Going away to camp allows children to learn through controlled risk

ASTRID VAN DEN BROEK
For Metro

Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

Overnight camps, and even day camps, can cost more than a few bucks. But then again, it's money well spent isn't it? What exactly does your child — and you as the parent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

## *Talk to your child about the ABCs of camp life*

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might be a good time to initiate this childhood rite of passage.

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better. KELLY PUTTER

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4

SPORTS

NHL playoffs

## *Brodeur battles Flyers on 40th birthday*

**The Devils' surefire Hall of Famer turned the big 4-0 on Sunday as New Jersey attempted to put the Philadelphia Flyers into a 3-1 series hole. For game results, go to metronews.ca/sports.**

On the web

**Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.**

Albert Pujols watches his first home run of the season leave Angels Park on Sunday. JEFF GROSS/GETTY IMAGES

## MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the champion St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from right-hander Drew Hutchison into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run and right before the pitch, Hutchison and catcher J.P. Arencibia had a conference on the mound.

**Sunday's game**

| Angels | Blue Jays |
|---|---|
| 4 | 3 |

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, $240-million US contract as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

The all-star slugger did not play in Saturday night's 6-2 victory after manager Mike Scioscia kept him out of the lineup for the first time.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. THE ASSOCIATED PRESS

# Kings sweep away Blues

### NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same postseason.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

THE ASSOCIATED PRESS

**Game 4**

| Kings | Blues |
|---|---|
| 3 | 1 |

Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

NFL

## Seau's family re-thinking brain donation decision

San Diego Chargers chaplain Shawn Mitchell says Junior Seau's family is revisiting its decision to donate the former NFLers' brain for research into football-related injuries.

Mitchell said Sunday that the family, which is of Samoan descent, is consulting with a group of elders. He said it doesn't necessarily mean that the family won't donate Seau's brain.

THE ASSOCIATED PRESS

Kentucky Derby

## Death at track not connected with derby: Police

The discovery of a man's body Sunday in the stable area of Churchill Downs was being investigated as a homicide, but there appears to be no connection to the race track or the Kentucky Derby, police said.

"At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police. She said the death is being investigated as a homicide.

The body was found in a stable about 150 yards from where Saturday's Derby winner, Canadian-owned I'll Have Another, was kept.

THE ASSOCIATED PRESS

Mario Gutierrez rides I'll have Another on Saturday. MARK HUMPHREY/THE ASSOCIATED PRESS FILE

# MLB

## AMERICAN LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Baltimore | 19 | 9 | .679 | — |
| Tampa Bay | 19 | 10 | .655 | ½ |
| Toronto | 16 | 13 | .552 | 3½ |
| New York | 15 | 13 | .536 | 4 |
| Boston | 11 | 16 | .407 | 7½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Cleveland | 15 | 11 | .577 | — |
| Detroit | 14 | 13 | .519 | 1½ |
| Chicago | 13 | 15 | .464 | 3 |
| Kansas City | 9 | 18 | .333 | 6½ |
| Minnesota | 7 | 20 | .259 | 8½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 18 | 10 | .643 | — |
| Oakland | 15 | 14 | .517 | 3½ |
| Seattle | 13 | 17 | .433 | 6 |
| Los Angeles | 12 | 17 | .414 | 6½ |

**Yesterday's results**
L.A. Angels 4 Toronto 3
Baltimore 9 Boston 6 (17 innings)
Cleveland 4 Texas 2
Detroit 3 Chicago White Sox 1
N.Y. Yankees 10 Kansas City 4
Oakland 9 Tampa Bay 5
Seattle 5 Minnesota 2
**Saturday's results**
L.A. Angels 6 Toronto 2
Baltimore 8 Boston 2
Chicago White Sox 3 Detroit 2
Kansas City 5 N.Y. Yankees 1
Oakland 4 Tampa Bay 3 (12 innings)
Seattle 7 Minnesota 0
Texas 5 Cleveland 2 (11 innings)
**Today's games — All Times Eastern**
Chicago White Sox (Humber 1-1) at Cleveland (McAllister 0-0), 1:05 p.m. (1st game)
Chicago White Sox (Stults 0-0) at Cleveland (Tomlin 1-2), 7:05 p.m. (2nd game)
Texas (M.Harrison 3-2) at Baltimore (Matusz 1-3), 7:05 p.m.
Boston (Doubront 1-1) at Kansas City (J.Sanchez 1-1), 8:10 p.m.
L.A. Angels (Weaver 4-0) at Minnesota (Liriano 0-4), 8:10 p.m.
Detroit (Fister 0-0) at Seattle (Beavan 1-3), 10:10 p.m.

### ANGELS 4, BLUE JAYS 3

| Toronto | ab | r | h | bi | L.A. Angels | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| KJhnsn 2b | 4 | 0 | 2 | 1 | Trout cf | 4 | 1 | 1 | 0 |
| Thams lf | 4 | 0 | 1 | 1 | MIzturs 2b | 4 | 1 | 2 | 0 |
| Bautist rf | 4 | 1 | 1 | 0 | Pujols 1b | 4 | 1 | 1 | 2 |
| Lind dh | 3 | 0 | 0 | 0 | KMorls dh | 4 | 1 | 1 | 0 |
| RDavis pr-dh | 0 | 0 | 0 | 0 | Trumo rf | 3 | 0 | 2 | 1 |
| Encrnc 1b | 3 | 0 | 0 | 1 | TrHntr rf | 1 | 0 | 0 | 0 |
| Lawrie 3b | 3 | 0 | 0 | 0 | V.Wells lf | 4 | 0 | 1 | 0 |
| Rasms cf | 4 | 0 | 1 | 0 | Callasp 3b | 4 | 0 | 2 | 1 |
| Arencii c | 4 | 2 | 3 | 0 | Aybar ss | 3 | 0 | 0 | 0 |
| Mathis pr | 0 | 0 | 0 | 0 | Iannett c | 3 | 0 | 0 | 0 |
| Vizquel ss | 4 | 0 | 1 | 0 | | | | | |
| **Totals** | **33** | **3** | **9** | **3** | **Totals** | **34** | **4** | **10** | **4** |

**Toronto** 001 001 100 — 3
**L.A. Angels** 000 220 00x — 4

E—Pujols (1). DP—Los Angeles 3. LOB—Toronto 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.

| Toronto | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| Hutchison L,1-1 | 5 1-3 | 8 | 4 | 4 | 0 | 6 |
| Oliver | 1-3 | 1 | 0 | 0 | 0 | 0 |
| Frasor | 1-3 | 0 | 0 | 0 | 0 | 0 |
| Janssen | 1 | 1 | 0 | 0 | 0 | 1 |
| Villanueva | 1 | 0 | 0 | 0 | 0 | 2 |
| **L.A. Angels** | | | | | | |
| Williams W,3-1 | 6 2-3 | 8 | 3 | 2 | 1 | 4 |
| D.Carpenter H,1 | 1-3 | 0 | 0 | 0 | 0 | 1 |
| Frieri H,1 | 1 | 0 | 0 | 0 | 1 | 1 |
| S.Downs H,5 | 1-3 | 1 | 0 | 0 | 0 | 0 |
| Hawkins S,1-1 | 2-3 | 0 | 0 | 0 | 0 | 0 |

T—2:51. A—37,548 (45,957) at Anaheim, Calif.

## NATIONAL LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Washington | 18 | 9 | .667 | — |
| Atlanta | 18 | 11 | .621 | 1 |
| New York | 15 | 13 | .536 | 3½ |
| Miami | 14 | 14 | .500 | 4½ |
| Philadelphia | 13 | 15 | .464 | 5½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| St. Louis | 17 | 11 | .607 | — |
| Cincinnati | 14 | 13 | .519 | 2½ |
| Houston | 13 | 15 | .464 | 4 |
| Milwaukee | 12 | 16 | .429 | 5 |
| Pittsburgh | 12 | 16 | .429 | 5 |
| Chicago | 11 | 17 | .393 | 6 |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Los Angeles | 18 | 10 | .643 | — |
| San Francisco | 14 | 14 | .500 | 4 |
| Arizona | 14 | 15 | .483 | 4½ |
| Colorado | 12 | 15 | .444 | 5½ |
| San Diego | 9 | 20 | .310 | 9½ |

**Yesterday's results**
Atlanta 7 Colorado 2
Chicago Cubs 4 L.A. Dodgers 3 (11 innings)
Cincinnati 5 Pittsburgh 0
Miami 6 San Diego 3
N.Y. Mets 3 Arizona 1
San Francisco 4 Milwaukee 3 (11 innings)
St. Louis 8 Houston 1
Philadelphia at Washington
**Saturday's results**
Atlanta 13 Colorado 9
Houston 8 St. Louis 2
L.A. Dodgers 5 Chicago Cubs 1
Miami 4 San Diego 1
Pittsburgh 3 Cincinnati 2
N.Y. Mets 4 Arizona 3
San Francisco 5 Milwaukee 2
Washington 7 Philadelphia 1
**Tonight's games — All Times Eastern**
N.Y. Mets (Niese 2-1) at Philadelphia (Halladay 3-2), 7:05 p.m.
Atlanta (Hanson 3-2) at Chicago Cubs (Samardzija 3-1), 8:05 p.m.
Miami (Zambrano 0-2) at Houston (W.Rodriguez 3-2), 8:05 p.m.
Cincinnati (Arroyo 1-1) at Milwaukee (Gallardo 1-3), 8:10 p.m.
St. Louis (Lynn 5-0) at Arizona (J.Saunders 2-1), 9:40 p.m.
Colorado (Pomeranz 0-1) at San Diego (Volquez 0-2), 10:05 p.m.
San Francisco (Zito 1-0) at L.A. Dodgers (Lilly 3-0), 10:10 p.m.

# HOCKEY

## IIHF MEN'S WORLD CHAMPIONSHIP

### PRELIMINARY ROUND

**Yesterday's results**
**At Helsinki —** Finland 1 Slovakia 0
France 6 Kazakhstan 3
Switzerland 3 Belarus 2
**At Stockholm —** Italy 4 Denmark 3 (OT)
Latvia 3 Germany 2
Russia 4 Norway 2
**Saturday's results**
**At Helsinki —** U.S. 5 **Canada 4** (OT)
Switzerland 5 Kazakhstan 1
**At Stockholm —** Russia 5 Latvia 2
Sweden 4 Czech Republic 1
**Today games — All Times Eastern**
**At Helsinki**
France vs. **Canada**, 9:15 a.m.
U.S. vs. Slovakia, 1:15 p.m.
At Stockholm
Czech Republic vs. Norway, 10:15 a.m.
Denmark vs. Sweden, 2:15 p.m.

# NHL PLAYOFFS

## STANLEY CUP

### CONFERENCE SEMIFINALS

**(Best-of-7)**
**All Times Eastern**

**EASTERN CONFERENCE**

**N.Y. RANGERS (1) VS. WASHINGTON (7)**
**(Series tied 2-2)**
**Saturday's result**
Washington 3 N.Y. Rangers 2
**Tonight's game**
Washington at N.Y. Rangers, 7:30 p.m.
**Wednesday's game**
N.Y. Rangers at Washington, TBA
**Saturday, May 12**
x-Washington at N.Y. Rangers, TBA

**PHILADELPHIA (5) VS. NEW JERSEY (6)**
**(New Jersey leads series 2-1)**
**Last night's result**
Philadelphia at New Jersey
**Tomorrow's game**
New Jersey at Philadelphia, 7:30 p.m.
**Thursday's game**
x-Philadelphia at New Jersey, TBA
**Saturday, May 12**
x-New Jersey at Philadelphia, TBA

**WESTERN CONFERENCE**

**ST. LOUIS (2) VS. LOS ANGELES (8)**
**(Los Angeles wins series 4-0)**
**Yesterday's result**
Los Angeles 3 St. Louis 1

**PHOENIX (3) VS. NASHVILLE (4)**
**(Phoenix leads series 3-1)**
**Friday's result**
Phoenix 1 Nashville 0
**Tonight's game**
Nashville at Phoenix
**Wednesday's game**
x-Phoenix at Nashville, TBA
**Friday's game**
x-Nashville at Phoenix, TBA
**x** — played only if necessary.

### KINGS 3, BLUES 1

**First Period**
1. Los Angeles, Nolan 1 (Penner) 4:36
2. St. Louis, Shattenkirk 1 (Jackman) 11:34
3. Los Angeles, Brown 5 (Kopitar, Doughty) 18:17
**Penalties** — Stewart StL (tripping) 2:06, Stewart StL, Nolan LA (fighting) 13:53, Stoll LA (holding) 14:14.
**Second Period** — No Scoring.
**Penalties** — Nichol StL (high-sticking) 4:48, Los Angeles bench (too many men; served by King) 6:04, Doughty LA (interference) 8:03, Backes StL (elbowing) 8:13.
**Third Period**
4. Los Angeles, Brown 6 (Kopitar, Greene) 19:34 (en)
**Penalties** — D'Agostini StL (boarding), Brown LA (slashing) 4:33, Nichol StL (double high-sticking) 8:00, Stoll LA (high-sticking) 9:29.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| St. Louis | 4 | 13 | 7 | — 24 |
| Los Angeles | 10 | 2 | 7 | — 19 |

**Goal** — St. Louis: Elliott (L,3-4-0); Los Angeles: Quick (W,8-1-0). **Power plays (goals-chances)** — St. Louis: 0-3; Los Angeles: 0-5.
**Attendance** — 18,373 (18,118) at Los Angeles.

### SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Giroux, Pha | 7 | 8 | 15 |
| Briere, Pha | 8 | 4 | 12 |
| McDonald, StL | 5 | 5 | 10 |
| Voracek, Pha | 2 | 8 | 10 |
| J.Staal, Pgh | 6 | 3 | 9 |
| Zajac, NJ | 5 | 4 | 9 |
| Brown, LA | 4 | 5 | 9 |
| Kovalchuk, NJ | 4 | 5 | 9 |
| B.Richards, NYR | 4 | 5 | 9 |

**Not including yesterday's games**

# GOLF

## PGA WELLS FARGO CHAMPIONSHIP

**At Charlotte, N.C.**
**Par 72 (36-36)**
**Final Round**
**(x—won on first playoff hole)**

| | |
|---|---|
| x-Rickie Fowler, $1,170,000 | 66-72-67-69—274 |
| Rory McIlroy, $572,000 | 70-68-66-70—274 |
| D.A. Points, $572,000 | 66-68-69-71—274 |
| Webb Simpson, $312,000 | 65-68-69-73—275 |
| Ben Curtis, $237,250 | 69-70-71-67—277 |
| Ryan Moore, $237,250 | 65-70-68-74—277 |
| Lee Westwood, $237,250 | 71-72-68-66—277 |
| Nick Watney, $201,500 | 68-64-72-74—278 |
| Jonas Blixt, $156,000 | 68-73-67-71—279 |
| Jonathan Byrd, $156,000 | 69-69-72-69—279 |
| Brian Davis, $156,000 | 66-74-69-70—279 |
| Jason Day, $156,000 | 70-70-69-70—279 |
| James Driscoll, $156,000 | 71-70-69-69—279 |
| Seung-Yul Noh, $156,000 | 68-70-70-71—279 |
| Stewart Cink, $100,750 | 65-69-71-75—280 |
| Robert Garrigus, $100,750 | 69-72-68-71—280 |
| George McNeill, $100,750 | 70-68-68-74—280 |
| Sean O'Hair, $100,750 | 72-69-69-70—280 |
| John Senden, $100,750 | 66-68-72-74—280 |
| David Toms, $100,750 | 74-65-70-71—280 |
| Arjun Atwal, $67,600 | 68-69-75-69—281 |
| Ben Crane, $67,600 | 70-64-73-74—281 |
| Martin Flores, $67,600 | 68-70-71-72—281 |
| Hunter Haas, $67,600 | 68-68-75-70—281 |
| Geoff Ogilvy, $67,600 | 71-70-65-75—281 |
| Will Claxton, $47,125 | 71-72-70-69—282 |
| Jim Furyk, $47,125 | 71-71-71-69—282 |
| Sung Kang, $47,125 | 71-70-70-71—282 |
| Martin Laird, $47,125 | 72-70-69-71—282 |
| Phil Mickelson, $47,125 | 71-72-68-71—282 |
| Kevin Stadler, $47,125 | 68-74-70-70—282 |
| **Also** | |
| **David Hearn, $13,455** | **70-72-76-71—289** |

## LPGA BRAZIL CUP

**At Rio de Janeiro, Brazil**
**Par 73**
**Final Round**

| | |
|---|---|
| Pornanong Phatlum, $108,000 | 66-67—133 |
| Amy Hung, $83,990 | 72-65—137 |
| Paula Creamer, $54,031 | 69-69—138 |
| Chella Choi, $54,031 | 71-67—138 |
| Amanda Blumenherst, $27,637 | 72-67—139 |
| Brittany Lang, $27,637 | 68-71—139 |
| Candie Kung, $27,637 | 68-71—139 |
| Katie Futcher, $27,637 | 67-72—139 |
| Karine Icher, $27,637 | 66-73—139 |
| Anna Nordqvist, $16,761 | 73-68—141 |
| Christina Kim, $16,761 | 69-72—141 |
| Beatriz Recari, $16,761 | 71-70—141 |
| Suzann Pettersen, $16,761 | 68-73—141 |
| Ryann O'Toole, $14,163 | 73-69—142 |
| Jeong Jang, $12,967 | 74-69—143 |
| Gerina Piller, $12,967 | 71-72—143 |
| Victoria Tanco, $11,680 | 71-73—144 |
| Kyeong Bae, $11,680 | 71-73—144 |
| Julieta Granada, $10,944 | 74-71—145 |
| Cindy LaCrosse, $10,576 | 73-73—146 |
| Mindy Kim, $9,841 | 75-72—147 |

# AUTO RACING

## NASCAR SPRINT CUP AARON'S 499

**At Talladega, Ala.**
**Yesterday's results**
**(starting position in parentheses)**
1. (13) Brad Keselowski, Dodge, 194 laps, 120.1 rating, 47 points, $305,745; 2. (21) Kyle Busch, Toyota, 194, 106.2, 43, $263,298; 3. (10) Matt Kenseth, Ford, 194, 128.5, 43, $225,701; 4. (5) Kasey Kahne, Chevrolet, 194, 88.4, 41, $155,090; 5. (6) Greg Biffle, Ford, 194, 118.4, 40, $143,540; 6. (24) Clint Bowyer, Toyota, 194, 82.9, 38, $146,554; 7. (32) David Ragan, Ford, 194, 85.6, 37, $137,723; 8. (11) Trevor Bayne, Ford, 194, 87.8, 0, $110,565; 9. (18) Dale Earnhardt Jr., Chevrolet, 194, 88.4, 36, $120,765; 10. (29) Jeff Burton, Chevrolet, 194, 83.3, 35, $143,640.

# NBA PLAYOFFS

## CONFERENCE QUARTER-FINALS

**(Best-of-7)**
**All Times Eastern**

**EASTERN CONFERENCE**

**CHICAGO (1) VS. PHILADELPHIA (8)**
**(Philadelphia leads series 3-1)**
Yesterday's result
Philadelphia 89 Chicago 82
**Tomorrow's game**
Philadelphia at Chicago, 9:30 p.m.

**MIAMI (2) VS. NEW YORK (7)**
**(Miami leads series 3-1)**
**Yesterday's result**
New York 89 Miami 87
**Wednesday's game**
New York at Miami, 7 p.m.

**INDIANA (3) VS. ORLANDO (6)**
**(Indiana leads series 3-1)**
**Saturday's result**
Indiana 101 Orlando 99 (OT)
**Tomorrow's game**
Orlando at Indiana, 7 p.m.

**BOSTON (4) VS. ATLANTA (5)**
**(Boston leads series 2-1)**
**Last night's result**
Atlanta at Boston
**Tomorrow's game**
Boston at Atlanta, 8 p.m.

**WESTERN CONFERENCE**

**SAN ANTONIO (1) VS. UTAH (8)**
(San Antonio leads series 3-0)
**Saturday's result**
San Antonio 102 Utah 90
**Tonight's game**
San Antonio at Utah, 8 p.m.
**Wednesday's game**
x-Utah at San Antonio, 8:30 p.m.

**OKLAHOMA CITY (2) VS. DALLAS (7)**
**(Oklahoma City wins series 4-0)**
**Saturday's result**
Oklahoma City 103 Dallas 97

**L.A. LAKERS (3) VS. DENVER (6)**
**(L.A. Lakers lead series 2-1)**
**Last night's result**
L.A. Lakers at Denver
**Tomorrow's game**
Denver at L.A. Lakers, 10:30 p.m.

**MEMPHIS (4) VS. L.A. CLIPPERS (5)**
**(L.A. Clippers lead series 2-1)**
**Saturday's result**
L.A. Clippers 87 Memphis 86
**Tonight's game**
Memphis at L.A. Clippers, 10:30 p.m.
**Wednesday's game**
L.A. Clippers at Memphis, 9:30 p.m.
**x** — played only if necessary

# LACROSSE

## NLL PLAYOFFS

### DIVISIONAL SEMIFINALS

**EAST DIVISION**
**Saturday's result —** Toronto 7 Buffalo 6
**Friday's result —** Rochester 14 Philadelphia 13
**WEST DIVISION**
**Saturday's results**
Edmonton 19 Calgary 11
Minnesota 14 Colorado 10

### DIVISIONAL FINALS

**Saturday, May 12 — All Times Eastern**
**EAST DIVISION**
Rochester at Toronto, 7 p.m.
**WESTDIVISION**
Edmonton at Minnesota, 9:30 p.m.

# SOCCER

## MLS

**EASTERN CONFERENCE**

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Kansas City | 9 | 7 | 2 | 0 | 12 | 5 | 21 |
| D.C. United | 11 | 5 | 3 | 3 | 20 | 15 | 18 |
| New York | 9 | 5 | 3 | 1 | 19 | 14 | 16 |
| Chicago | 7 | 3 | 2 | 2 | 9 | 9 | 11 |
| Montreal | 10 | 3 | 5 | 2 | 11 | 15 | 11 |
| New England | 9 | 3 | 6 | 0 | 8 | 12 | 9 |
| Houston | 6 | 2 | 2 | 2 | 7 | 8 | 8 |
| Columbus | 8 | 2 | 4 | 2 | 6 | 10 | 8 |
| Philadelphia | 8 | 2 | 5 | 1 | 5 | 9 | 7 |
| Toronto | 8 | 0 | 8 | 0 | 6 | 18 | 0 |

**WESTERN CONFERENCE**

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| San Jose | 10 | 7 | 2 | 1 | 21 | 11 | 22 |
| Real Salt Lake | 11 | 7 | 3 | 1 | 18 | 12 | 22 |
| Seattle | 8 | 6 | 1 | 1 | 11 | 3 | 19 |
| Vancouver | 9 | 5 | 2 | 2 | 9 | 7 | 17 |
| Colorado | 10 | 5 | 5 | 0 | 15 | 12 | 15 |
| Dallas | 10 | 3 | 4 | 3 | 10 | 14 | 12 |
| Los Angeles | 9 | 3 | 5 | 1 | 11 | 14 | 10 |
| Chivas USA | 9 | 3 | 6 | 0 | 5 | 11 | 9 |
| Portland | 9 | 2 | 5 | 2 | 9 | 13 | 8 |

**Last night's result**
Colorado 2 Dallas 0
**Saturday's results**
Vancouver 2 San Jose 1
Montreal 2 Kansas City 0
D.C. United 2 Toronto 0
New York 1 Los Angeles 0
Seattle 1 Philadelphia 0
Real Salt Lake 2 New England 1
Columbus 0 Portland 0
**Friday's result**
Chicago 2 Chivas USA 1

## ENGLAND

### PREMIER LEAGUE

| Team | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Manchester City | 37 | 27 | 5 | 5 | 90 | 27 | 86 |
| Manchester Utd | 37 | 27 | 5 | 5 | 88 | 33 | 86 |
| Arsenal | 37 | 20 | 7 | 10 | 71 | 47 | 67 |
| Tottenham | 37 | 19 | 9 | 9 | 64 | 41 | 66 |
| Newcastle | 37 | 19 | 8 | 10 | 55 | 48 | 65 |
| Chelsea | 36 | 17 | 10 | 9 | 62 | 41 | 61 |
| Everton | 37 | 14 | 11 | 12 | 47 | 39 | 53 |
| Fulham | 37 | 14 | 10 | 13 | 48 | 49 | 52 |
| Liverpool | 36 | 13 | 10 | 13 | 43 | 38 | 49 |
| West Bromwich | 37 | 13 | 8 | 16 | 43 | 49 | 47 |
| Sunderland | 37 | 11 | 12 | 14 | 45 | 45 | 45 |
| Swansea | 37 | 11 | 11 | 15 | 43 | 51 | 44 |
| Norwich | 37 | 11 | 11 | 15 | 50 | 66 | 44 |
| Stoke | 37 | 11 | 11 | 15 | 34 | 51 | 44 |
| Aston Villa | 37 | 7 | 17 | 13 | 37 | 51 | 38 |
| QPR | 37 | 10 | 7 | 20 | 41 | 63 | 37 |
| Wigan | 36 | 9 | 10 | 17 | 38 | 60 | 37 |
| Bolton | 37 | 10 | 5 | 22 | 44 | 75 | 35 |
| Blackburn | 36 | 8 | 7 | 21 | 47 | 75 | 31 |
| r-Wolverhampton | 37 | 5 | 10 | 22 | 38 | 79 | 25 |

**r** — relegated.
**Yesterday's results**
Aston Villa 1 Tottenham 1
Bolton 2 West Bromwich Albion 2
Fulham 2 Sunderland 1
Manchester United 2 Swansea 0
Newcastle 0 Manchester City 2
Queens Park Rangers 1 Stoke 0
Wolverhampton Wanderers 0 Everton 0
**Saturday's result**
Arsenal 3 Norwich 3

### FA CUP

**Saturday's result**
**Championship Final**
Chelsea 2 Liverpool 1

## SCOTLAND

### PREMIER LEAGUE

**Yesterday's results**
Dundee United 1 Celtic 0
Hearts 2 St. Johnstone 0
**Saturday's results**
Kilmarnock 1 Aberdeen 1
Rangers 0 Motherwell 0
St. Mirren 0 Inverness 1

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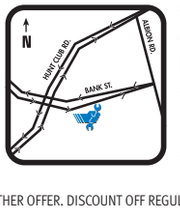


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# IIHF. Babcock's presence has minds on Olympics

One face stood out among the crowd.

As the Canadian team was put through its paces at practice on Sunday afternoon, Mike Babcock carefully charted everything happening on the ice. With his Detroit Red Wings making an early exit from the NHL playoffs, Babcock decided to travel to the IIHF world hockey championship.

It raised the obvious question: Is he in line to reprise his role as Olympic coach in 2014?

He's already publicly stated an interest in the job back in March.

The Sochi Games are on the minds of many at this world championship as players are looking to make a strong impression on the influential onlookers such as Babcock and Kevin Lowe, the Canadian general manager.

"That's a big reason why a lot of us are here," said forward Jordan Eberle. "You want to get that opportunity to play and you know this is a showcase."

THE CANADIAN PRESS

**Dealing with defeat**

**The Canadian team seemed to be in good spirits a day after losing 5-4 in overtime to the United States in its second round-robin game.**

NBA

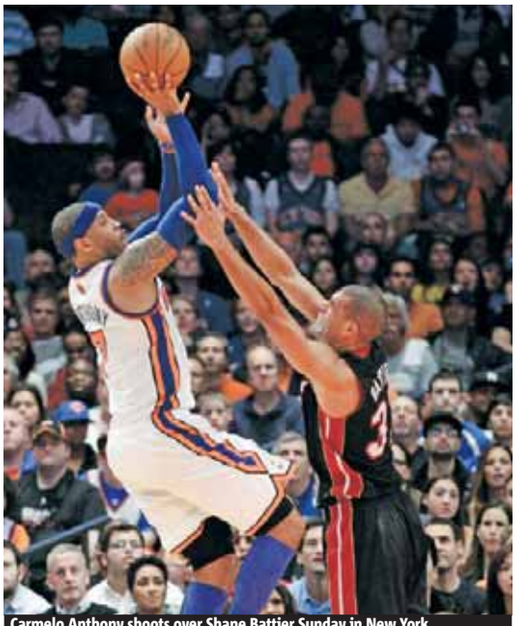
## 76ers run Bulls to the cliff's edge

Spencer Hawes scored 22 points and Jrue Holiday had 20 to help the surprising Philadelphia 76ers beat the Chicago Bulls 89-82 on Sunday and take a 3-1 lead in their Eastern Conference playoff series.

Holiday stretched the lead with consecutive 3-pointers late in the game to put the Sixers one win away from joining the short list of eighth-seeded teams that have won a series against a No. 1 seed.

THE ASSOCIATED PRESS

# Knicks end playoff drought to stay alive against the Heat



Carmelo Anthony shoots over Shane Battier Sunday in New York.

FRANK FRANKLIN II/THE ASSOCIATED PRESS

**NBA.** 13-game losing streak snapped in 89-87 win over Miami

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff victory again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

**Quoted**

**"I think it's the first of many."**

**Amare Stoudemire** on the Knicks' first post-season victory since April 29, 2001, against Toronto.

"Tonight was a great win for us," said Stoudemire, his left arm back in a sling to keep his hand elevated. "For our fans to finally get over that hump of those consecutive games that we lost, I guess the Knicks lost over those years in the playoffs."

Anthony made a tie-breaking 3-pointer with 54.5 seconds left as the Knicks overcame another serious injury to win a playoff game for the first time since beating Toronto on April 29, 2001, in Game 3 of a best-of-five series. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game after a dismal first half.

"I'm just glad that we came together after that, kept our composure, kept on fighting and won the basketball game," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday.

THE ASSOCIATED PRESS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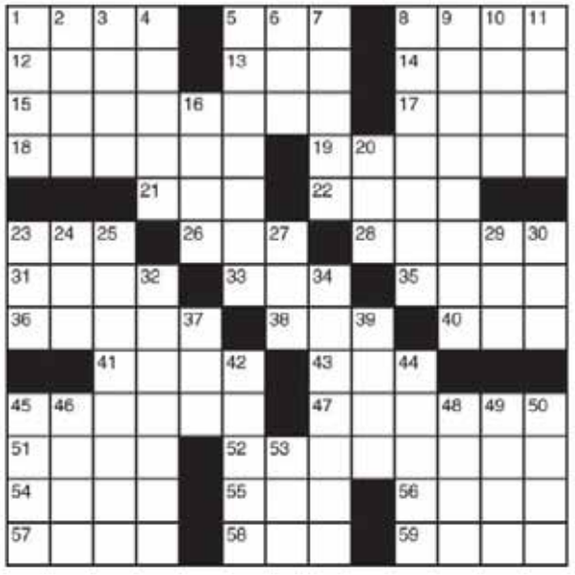
## Crossword

### Across

1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clashers
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up
57 Air from a pair
58 Round Table address
59 — ex machina

### Down

1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters
45 Tie
46 Jacob's twin
48 Muck
49 Beige
50 Not so much
53 Spoon-bender Geller



## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | | | | | | 1 | 4 |
| | | 7 | 6 | | | 3 | | |
| 1 | | | 5 | | 4 | | | |
| 4 | | | | 8 | | 9 | 7 | |
| | | | | 2 | | | | |
| | 5 | 3 | | 9 | | | | 6 |
| | | | 1 | | 7 | | | 3 |
| | | 1 | | | 2 | 6 | | |
| 7 | 6 | | | | | | 8 | 2 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 1 | 5 | 4 | 6 | 3 | 2 | 9 | 7 |
| 4 | 3 | 2 | 9 | 5 | 7 | 1 | 6 | 8 |
| 7 | 6 | 9 | 1 | 2 | 8 | 3 | 5 | 4 |
| 9 | 7 | 8 | 6 | 3 | 4 | 5 | 1 | 2 |
| 5 | 4 | 3 | 2 | 8 | 1 | 9 | 7 | 6 |
| 1 | 2 | 6 | 5 | 7 | 9 | 4 | 8 | 3 |
| 6 | 9 | 1 | 7 | 4 | 2 | 8 | 3 | 5 |
| 2 | 8 | 7 | 3 | 1 | 5 | 6 | 4 | 9 |
| 3 | 5 | 4 | 8 | 9 | 6 | 7 | 2 | 1 |

## Friday's Crossword

## Cryptoquip

### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUOEN PXFLCXKT PURO BEUQL JLFXKLQURO WVWJNFLRN BWQQP?

"OXXKCTL, XQK VWURN."

**Yesterday's Cryptoquip:** WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 21°/11° Mainly sunny
Tuesday 16°/10° Rain 90%
Know what the weather will be 14 days from now.
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## Horoscope

**Aries | March 21 - April 20.** You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

**Taurus | April 21 - May 21.** With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

**Gemini | May 22 - June 20.** This is no time to be cautious, especially when dealing with work and career issues.

**Cancer | June 21 - July 22.** If you expect others to play by the book then you must play by the book as well.

**Leo | July 23 - Aug. 22.** Be a little more daring over the next few days. Take the kind of risks that other people say you should not.

**Virgo | Aug. 23 - Sept. 22.** Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

**Libra | Sept. 23 - Oct. 22.** If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

**Scorpio | Oct. 23 - Nov. 21.** Be bold, be brave and, above all, believe in yourself.

**Sagittarius | Nov. 22 - Dec. 21.** You can either meet a challenge head-on or you can hide yourself away until it has gone.

**Capricorn | Dec. 22 - Jan 20.** You have set your sights high and won't rest until you have got your hands on the prize.

**Aquarius | Jan. 21 - Feb 18.** Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

**Pisces | Feb. 19 - March 20.** You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

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"Still got that monkey on your back?"
Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

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st:33780 • **$16,730** • bw:$180*

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LOADED, A/C, ROOF, AUTO • 122355km
st:33819 • **$12,880** • bw:$106***

**07 SILVERADO LS 4X4**
LOADED, A/C, AUTO • 56869km
st:33585 • **$17,960** • bw:$193*

**07 TUCSON GLS**
LOADED, A/C, AUTO • 91841km
st:33797 • **$10,960** • bw:$118*

**10 HONDA INSIGHT HYBRID**
LOADED, A/C, AUTO • 53737km
st:31958-A • **$17,800** • bw:$155***

**11 IMPALA LS**
LOADED, A/C • 51554km
st:33008 • **$14,850** • bw:$122***

**08 NISSAN VERSA**
LOADED, A/C, STD • 68364km
st:33726 • **$8,960** • bw:$83**

**11 TOWN COUNTRY**
STOW-N-GO, NAV, LOADED • 16006km
st:33758 • **$28,890** • bw:$228***

**09 NISSAN XTERRA 4WD**
LOADED, A/C, AUTO • 41466km
st:31671 • **$19,950** • bw:$204**

**08 ACURA TL**
LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • **$17,980** • bw:$167**

**07 LEGACY AWD**
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **$15,950** • bw:$171*

**08 PONTIAC VIBE**
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$89**

**10 CHRYSLER 300 TOURING**
LOADED, A/C • 37776km
st:32861 • **$16,750** • bw:$138***

**08 KIA RONDO EX**
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$93**

**07 GR. VITARA AWD**
LOADED, A/C, ROOF, AUTO • 103614km
st:33778 • **$11,640** • bw:$125*

**07 NISSAN QUEST**
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$147*

**08 HONDA ACCORD**
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$128**

**08 MAZDA B2300**
A/C • 61594km
st:33422 • **$10,750** • bw:$100**

**09 NISSAN ROGUE**
LOADED, A/C, AUTO • 60968km
st:32613-A • **$16,950** • bw:$157**

**08 PONTIAC TORRENT**
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$124**

**07 SANTA FE GLS AWD**
LOADED, A/C, AUTO • 104739km
st:32479-B • **$10,850** • bw:$116*

**08 CHEVROLET MALIBU LT**
LOADED, A/C • 52016km
st:33345 • **$12,470** • bw:$116**

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- st: 33383
- km: 64065

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- AWD, A/C, Lthr, Loaded, Auto
- st: 33684
- km: 28147

**$26,830**
$239** Bi-weekly

**08 BMW 128i COUPE**
- Loaded, A/C, Lthr, Roof, Auto
- st: 33071
- km: 78474

**$21,870**
$195** Bi-weekly

**07 Benz B200 Turbo**
- Loaded, A/C, Auto
- st: 32643
- km: 45602

**$18,870**
$203* Bi-weekly

**08 Lexus IS250**
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- st: 29824
- km: 75146

**$26,840**
$248** Bi-weekly

**08 BMW X3**
- AWD, Loaded, Lthr, Roof, Auto
- st: 33285
- km: 51156

**$29,650**
$264** Bi-weekly

**11 SUZUKI KIZASHI**
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$140***

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LOADED, A/C, LTHR, ROOF • 53589km
st:33578 • **$17,980** • bw:$167**

**07 VOLKSWAGEN GOLF CITY**
LOADED, A/C • 68512km
st:32278 • **$9,950** • bw:$107*

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LOADED, A/C, MAGS, AUTO • 37161km
st:33466 • **$16,735** • bw:$138***

**07 MAZDA 6 S/W**
LOADED, A/C, AUTO • 95746km
st:31930 • **$11,830** • bw:$127*

**10 DODGE CHARGER**
LOADED, A/C • 57663km
st:33459 • **$15,870** • bw:$131***

**08 CHEVROLET COBALT LS**
STD • 90824km
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AUTO • 90012km
st:33816 • **$7,980** • bw:$86*

**09 TOYOTA VENZA AWD**
LOADED, A/C, AUTO • 22487km
st:31787 • **$24,850** • bw:$231**

**07 CHEVROLET OPTRA 5**
LOADED, A/C, ROOF • 31417km
st:32802 • **$8,360** • bw:$90*

**08 SATURN VUE XR**
LOADED, A/C, AUTO • 71309km
st:33473 • **$13,980** • bw:$130**

**07 VOLKSWAGEN JETTA CITY**
LOADED, A/C, AUTO • 64761km
st:32266 • **$10,950** • bw:$118*

**08 JEEP COMPASS SPORT**
STD • 68815km
st:32457 • **$10,650** • bw:$99**

**07 TOYOTA RAV4 4WD**
LOADED, A/C, AUTO • 94969km
st:32215 • **$13,940** • bw:$171*

**06 NISSAN X-TRAIL XE**
LOADED, A/C, AUTO • 73849km
st:31654 • **$10,950** • bw:$118*

**10 TOYOTA COROLLA CE**
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$107***

**08 FORD FUSION SE**
LOADED, A/C, ROOF • 70497km
st:33130 • **$10,750** • bw:$100**

**08 FORD TAURUS SEL**
LOADED, A/C, AUTO • 90818km
st:32153 • **$11,840** • bw:$110**

**09 FORD ESCAPE XLT 4WD**
LOADED, A/C, AUTO • 39901km
st:33070 • **$19,670** • bw:$183**

**07 VOLKSWAGEN PASSAT**
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **$13,870** • bw:$160*

**08 MAZDA TRIBUTE 4WD**
LOADED, A/C, AUTO • 96008km
st:33739 • **$12,850** • bw:$119**

**07 FORD EDGE SEL AWD**
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **$17,850** • bw:$192*

**10 FORD MUSTANG CONVERT.**
LOADED, A/C, LTHR, AUTO • 37399km
st:33737 • **$24,890** • bw:$196***

**09 CHRYSLER PT CRUISER**
LOADED, A/C, AUTO • 71380km
st:33126-A• **$7,950** • bw:$74**

**08 SAAB 9-3 2.0T**
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **$13,980** • bw:$130**

**11 CHRYSLER 200**
LOADED, A/C • 36288km
st:33503 • **$16,970** • bw:$140***

**11 FORD FIESTA SE**
LOADED, A/C, AUTO • 50713km
st:33517 • **$13,980** • bw:$115***

**10 SUZUKI SX4 LE**
LOADED, A/C, AUTO • 60387km
st:32750 • **$11,970** • bw:$99***

**11 HYUNDAI SONATA**
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **$17,950** • bw:$148***

**10 EQUINOX LS AWD**
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$155***

**08 HYUNDAI ELANTRA GL**
STD • 34056km
st:33047 • **$8,450** • bw:$78**

**11 SMART FORTWO**
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **$13,670** • bw:$113***

**07 HYUNDAI ACCENT GLS**
STD • 102442km
st:33670-A • **$5,950** • bw:$64*

**08 NISSAN ALTIMA 2.5S**
LOADED, A/C, AUTO • 84112km
st:33662 • **$12,980** • bw:$120**

**10 SENTRA XTRONIC CVT**
LOADED, A/C, AUTO • 66382km
st:33677 • **$11,960** • bw:$99***

**07 CHRYSLER SEBRING**
LOADED, A/C • 86262km
st:31515 • **$9,680** • bw:$104*

**07 TRAILBLAZER 4WD**
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$160*

**11 DODGE AVENGER SXT**
LOADED, A/C, ROOF, AUTO • 19250km
st:33491 • **$16,850** • bw:$139***

**07 MAZDA RX-8 COUPE**
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **$16,870** • bw:$181*

**09 PONTIAC AVEO G3**
LOADED, A/C, ROOF • 72350km
st:32171-A • **$8,980** • bw:$83**

**09 TOYOTA MATRIX**
LOADED, A/C • 68124km
st:33622 • **$12,960** • bw:$120**

**08 ACURA CSX**
LOADED, A/C, LTHR, ROOF • 81716km
st:33762 • **$14,970** • bw:$139**

**11 TOYOTA SIENNA LE**
LOADED, A/C, AUTO • 59919km
st:33138 • **$25,890** • bw:$204***

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